

June 2014

WEBB COUNTY HEAD START NEWSLETTER

5904 West Drive

Plaza de Oro

795-1515



We play and learn.

From the Desk of Head Start Director:

It is my sincere hope this message greets everyone in good health, relaxing, and enjoying the summer weather. Please take time to visit the Laredo Public Library, Parks & Recreation centers, and the Girls & Boys' Club. Engage your children in positive, fun-filled activities that will encourage good physical, emotional, and intellectual health.

De parte De Su Directora:

Espero que les llegue este saludo con buena salud, descanso, y disfrutando del verano. Tomen tiempo para visitar la Biblioteca pública, los centros de Recreación, y el club de Laredo para niños y niñas. Ofrezcan a sus niños actividades positivas llenas de diversión que les estimule buena salud emocional, física e intelectual.

Aliza Oliveros



Ready for Snack

EDUCATION —Lucy Trejo, Education Director

Learning experiences can be fun for everyone. Children and parents can share the joy of learning and playing while they communicate and grow together. By working together with your child, you are helping to build his or her language and literacy, social and emotional, gross motor, fine motor, and cognitive skills. The following are ideas you and your child can do at home during the summer.

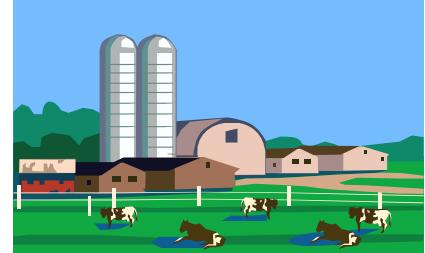
Talk with your children about the size, taste, texture, and color of foods. Ask them to talk about changes in foods as you cook them. Talk with your children about any foods that have special meaning to your family. Ask your children to find circles, triangles, or squares. Play the game, *I see something you don't see and the color (or the shape) Is...*" Ask your children to make sure there is one plate, one glass, and so on, for each person. Talk about how to handle the dishes and silverware, so they stay clean and unbroken. Measure with cups, tablespoons, and teaspoons. Ask your children to guess how many tablespoons make a cup of water. Then, help them check it out! Talk about opposites big and small, hard and soft. Let your children name or tell you something about each food, as you take it out of the bag. As you sort the groceries, ask your children to put together all the foods that are the same: fresh vegetables in one place, boxes in another place. Talk with your children about the sizes of cans as you put them away--tall and short, wide and narrow. Ask them to sort eating and cooking utensils by type or use. Remember, you are your child's first and most important teacher and your home is a primary learning place! Their learning will depend on the opportunities and support that you offer them at home and in their surroundings.

EDUCACION

Las experiencias de aprendizaje pueden ser muy divertidas para todos. Los niños y los padres pueden compartir la alegría de aprender y jugar mientras se comunican y crecen juntos. Al trabajar con su niño, lo está ayudando a construir sus habilidades en las áreas de lenguaje y literatura, social y emocional, motricidad gruesa y fina, y cognitivo. Usted y su niño pueden disfrutar las siguientes sugerencias durante el verano.

Háblele del tamaño, sabor, textura y color de la comida. Pregúntele que hable de los cambios de la comida mientras las cuece. Háblele de las comidas que tienen un significado especial para su familia. Pídale que encuentre círculos, triángulos o cuadrados. Jueguen *Veo algo especial que tu no ves y el color (o la forma) es...* Pídale que asegure haya un plato, vaso, etc. para cada persona. Hablen de cómo manejar los trastes y utensilios de una manera para mantenerlos limpios y evitar quebrarlos. Midan con tazas, cucharas y cucharitas. Pídale que advine cuantas cucharadas de agua caben en una taza. ¡Después ayúdelo a comprobarlo! Hablen de palabras opuestas: grande y chico, duro y suave... Permitale que nombre o diga algo sobre cada producto que saca de la bolsa de mandado. Al clasificar el mandado, digale que junte todo lo que es lo mismo: los vegetales frescos en un lugar, las cajas en otro... Hablen de los tamaños de las latas mientras las guardan—altas, cortas, anchas, delgadas. Pídale que clasifique los utensilios para comer y cocinar de acuerdo al tipo y uso de cada uno. ¡Recuerde, usted es el maestro principal y más importante de su niño y su hogar es el lugar principal para el aprendizaje! El aprendizaje de su niño dependerá de las oportunidades y apoyo que usted le ofrezca en el hogar y sus alrededores.

		Thurs	Fri
Tues	Wed	Thurs	Fri
<p>2B-Milk 6oz. Blueberry loaf 1 sliced fresh orange 1 L-Milk 6 oz. Ground beef 2 oz. Taco shell 1 shredded cheese 1 teaspoon . Sliced cantaloupe 2 oz., s romaine lettuce and tomato salad 1/4 ranch dressing 1 IMIL Idea S- Orange Juice 4 oz. teddy graham 1 Breakfast will be sent today for Tuesday</p> 	<p>3B-Milk 6oz. Cherrios Cereal 1, diced pears 1/2 c., L-Milk 6 Oz. Cn Chicken FINGERS COUNTRY GRAVY Ketchup 1 1/4 c. Potato smile 3 Ketchup 1/4 c watermelon 2 oz. 1/2. wheat bread 1/2 slice S- Orange Juice 4 Oz. Goldfish crackers 1/2 oz (771047)</p>	<p>4B Milk 6 oz. Pancakes 1 Mandarin Orange 1/2 c. syrup L-Milk 6 oz. Ground beef with potatoes 1/3 c.1/4c fruit cocktail with jello 1/3 c. Diced carrots 1/4 c wheat bread 1/2 S-Orange Juice Cheese stick 1 oz. Breakfast will be sent today Thursday</p> 	<p>5Milk 6 oz. blueberry Whole wheat loaf(9198614) 1 2 oz. 1 Diced Peach 1/2 cup L. Milk 6 oz. Country gravy 1 mashed potatoes 1/4 c. Apricots 1/4 c. wheat bread 1/2 slice Snack- Tropical fruit 4 oz. animal crackers 1 oz. water 4 oz.</p>
<p>9 B Milk 6 Golden Grahams cereal 1 oz Mandarine orange 1/2 c. L-Milk 6 Oz. Meatloaf 3 oz. diced pears 1/4 Wheat bread 1/2 buttered diced carrots and broccoli cuts 1/4 c. S- Strawberries 1/2 c (4039089) 1 Milk 4 oz.</p> 	<p>10 Milk 6oz Corn Flakes cereal 1 oz fruit cocktail 1/2 c L-Milk 6 oz. Ground beef with potatoes 1/4 c. Diced peaches 1/4c. Green beans 1/4 c. Wheat bread 1/2 slice c S Fresh orange 1 teddy cubs 1/2 oz.. Water 4 oz</p> 	<p>11Milk 6oz. 1 Fresh Orange 1 turkey sausages patty 1 French toast sticks 2 syrup 1 strawberry jelly 1/2 L-Milk 6 oz. Sloppy Joes 1/3 c Hamburger bun 1 potato smiles Fries 3 Apricots 1/4 c. Ketchup 1 S- Orange Juice 4oz. teddy graham .5 oz Thursday's Breakfast lunch —snack will be sent today</p> 	<p>12 B Milk 6oz. cherrios1/oz banana 1 L Milk 6oz. Chicken fingers 3 country gravy . Mandarin orange 1/2 Mashed Potatoes 1/4 c. 1/4 c.Wheat bread 1/2 slice ketchup 1 S- Fresh fruit salad 1/2 C. milk 4 oz S- Cheddar cheese stick 1 oz. Ritz Crackers 0.6 oz Everyone Wear Purple Today in honor of Everyone affected with Lupus</p> 
<p>16B- Milk 6oz. Golden Grahams 1 0z. pineapple tid bits 1/2c. L-Milk 6 oz. Ground beef 1/4 c. apricots 1/4 c.. broccoli flowerettes with cheese 1/4 c. IMIL Idea wheat bread 1/2 slice S- ritz cracker 6 (.5 oz) Orange juice 4 oz Water 4 oz. Breakfast will be sent today for Tuesday</p> 	<p>17 BMilk 6oz. Muffin 1 ,diced peaches 1/2 c., L-Milk 6 0z.Diced wieners 1/4 c.. Hot Dog bun 1 strawberry mango side kicks frozen 1 chesse sauce 1 tsp. chile con carne with beans mustard 1 corn 1/4 c. S- ham 1/2 slice cheese 1/2 sWheat bread 1/2 slicemustard 1 Mayonnaise 1 Orange juice 4 oz.</p>	<p>18B Milk 6 oz. Mini Pan Cake 3 syrup 1/2 butter 1 Mandarin Orange 1/2 c. turkey sausage patty L-Milk 6 oz. burrito 1 cantaloupe 2 oz. lettuce 1/4 c. S- Diced Peaches 1/2 c Milk 5 0z.. Breakfast will be sent today Thursday</p> 	<p>19 4Milk 6 oz. Cocoa Puffs 1/oz banana L Milk 6 oz. Breaded Chicken patty CN 1. diced pears 1/4 c. Mashed potatoes 1/4 c. country Gravy S cheese stick 1 oz Fresh Orange 1 oz. water 4 oz. S- yogurt 2 oz. Fresh banana 1 oz. Breakfast for Monday will be sent today</p> 
<p>23B-Milk 6oz. Golden graham 1 oz. tropical Fruit 1/2 c. L-Milk 6 oz. Salisbury steak 1 brown gravy broccoli cuts 1/4 c.with cheese sauce crushed pineapple 1/4 wheat bread 1/2 slice (0.5) oz. S- ritz cracker 6 (.6oz) c Orange Juice 4 oz. Breakfast will be sent today for Tuesday</p> 	<p>24B-Milk 6oz. Cocoa Puffs 1,diced peaches 1/2 c., L-Milk 6 Oz. Beef burrito 1 cheddar cheese sauce 1 tablespoon c. Green beans 1/4 c Fruit cocktail 1/4 c. Vanilla pudding 1/4 c. S-saltine crackers 4. Canned fruit 1/2 c. water 4 oz..</p>	<p>25Milk 6 oz. Whole wheat Flour tortilla 1/2 c refined vegetarian beans 1/4c. Shredded cheese 1 1/2 oz Fresh banana L Milk 6 oz. Diced ham 1/4 c. , crushed pineapple 1/4 c. Cheese macaroni 1/4 c. Diced carrots 1/4 c. ketchup 1 S- <u>Teddy Grahams 1 Milk 4 oz.</u> Breakfast for Monday will be sent today</p>	<p>26B Milk 6oz. cherrios1/oz banana 1 L Milk 6oz. Chicken fingers 3 country gravy . Cantaloupe 1/2 green beans 4 c. 1/4 c.Wheat bread 1/2 slice ketchup 1 S- strawberries 1/2 C. Vanilla Wafers .5 ozwater 27B-Milk 6oz. Blueberry bread 1sliced fresh Peach 1 L-Milk 6 oz. Ground beef with marinara sauce 2 oz. Spaghetti with marina ra sauce 1/2 c. Sliced apricots 1/4 c.. S romaine lettuce and tomato salad 1/4 ranch dressing 1 IMIL Idea S- Orange Juice 4 oz. teddy gr ahm 1 water 4 oz.</p>
<p>30 Milk 6 oz. Cherrios 1 diced strawberries 1/2 c L Milk 6 oz. Chicken with squash 1/4 c., crushed pineapple 1/4 c. Wheat bread 1/2 slice Diced carrots 1/4 c. ketchup 1 S- Tropical fruit 1/2 c. animal cracker 1/2 pt water 4 oz.</p> 			

Educational	EHS Summer	Sunny Days 	Bugs, Worms, and Little Things 	Water 	Farm Animals 	Concepts
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Call for information on registration for these sites:

- The Parks and Recreation summer program for 6-15 year old, 729-4600
- Boys & Girls Club of Laredo summer program for 6-12 year olds, 723-5223 (\$5.00 per year, from June through December)
- Laredo Public Library summer activities, 795-2400
- Laredo Housing Authority lunch & snack summer program for children from 1 year to 18 year olds, Kid's Café lunch from 12:00-1:00 p.m. and 3:00-4:00 p.m., 722-4521.



Actividades que se ofrecen en la comunidad con supervisión de los padres. Llame a los siguientes lugares para más información:

- Programa de Parks and Recreation para niños/as de 6 a 15 años, 729-4600
- Programa de verano de Boys & Girls Club de Laredo para niños/as de 6-12 años, 723-5223, \$5.00 de junio a diciembre
- Actividades de la Biblioteca Pública de Laredo, 795-2400
- Tendrán comida y merienda para los niño/a de 1-18 años de 12:00-1:00 y 3:00-4:00 p.m.en el Laredo Housing Authority, 722-4521.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Sierra Vista's Parent Committee Meeting 1:30</i>	3 <i>Little Palominos Laredo Public Library Cyber Mobile 3:00-5:00 p.m. West End Washington</i>	4 <i>Little Palominos Parent's Socialization/ Discover My Moves</i>	5	6	7
8	9	10	11 <i>Little Palominos Parent's meeting 1:30 p.m. & Socialization 3:00—5:00 p.m.</i>	12 <i>Sierra V Socialization 2:00—4 :00 p.m. Little Palominos LPL Cyber Mobile 3:00-5:00 p.m.</i>	13	14
15	16	17 <i>Sierra Vista Laredo Public Library Cyber Mobile 2:30-5:00 p.m. 102 Sierra Vista</i>	18	19 <i>Sierra Vista Laredo Public Library Cyber Mobile 2:30-5:00 p.m.</i>	20	21
22	23	24	25	26 <i>Sierra Vista Parent's Socialization 3:00—5:00 p.m.</i>	27	28
29	30					

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